

What is claimed is:

1. A method for reducing contention conflicts in a broadcast/multicast wireless network comprising the steps of: coordinating by a first station a contention-free communication by the first station by computing a time duration and communicating the duration to one or more wireless stations such that a communication stream to at least one of the wireless stations is uninterrupted for the duration, wherein the duration information is used to control a counter in a wireless station to prevent the wireless station from attempting to transmit for a predetermined period of time.
2. A method for reducing contention conflicts in a broadcast/multicast wireless network comprising the steps of: receiving digital packets embedded in a program, receiving a computed duration for transmission of a plurality of broadcast/multicast frames, controlling a network allocation counter in response to the computed duration, and receiving a communication stream that is uninterrupted for the duration in response to the state of the network allocation counter.
3. The method in Claim 1 further including the step of: imbedding at least one Network Allocation Vector duration information in an IEEE 802.11 compliant data packet for transmission of an uninterrupted plurality of the broadcast/multicast frames to wireless stations to reduce contention conflicts among IEEE 802.11 compliant wireless stations.
4. A device that receives digital packets embedded in a transmission stream comprising: a means to receive digital packets; a means for computing a duration for transmission of a plurality of broadcast/multicast frames, the duration controlling a network allocation counter in a plurality of device associated with a wireless network; a means to communicate the duration to one or more wireless stations in a header packet to reduce contention conflicts among the wireless stations.
5. A device that receives digital packets embedded in a transmission stream comprising: a network allocation counter; a means for receiving duration for transmission of a plurality of broadcast/multicast frames of a video frame transmission for downlinking an uninterrupted plurality of broadcast/multicast frames; and means for controlling the network allocation counter in response to the duration, and controlling attempts to access the network in response to the network allocation counter

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6. The device according to claim 5, wherein the network allocation counter corresponds to an IEEE 802.11 compliant NAV.

7. A device that receives digital packets embedded in a transmission stream comprising a node that retains control of a medium by fixing a duration field and whereby the node can adjust the duration field to release the medium.

8. The device of Claim 7, wherein the node can fix a duration to hold the medium until the node decides to releases the medium.

9. The device of Claim 7, wherein the node permits bandwidth provisioning in the node in order to provide QOS for a downstreaming service.

10. The device of Claim 7, wherein the duration is the largest possible period, in accordance with a wireless communication standard.

11. A method for reducing contention conflicts in a broadcast/multicast wireless transmission comprising the steps of coordinating by a first member station in the first cell a contention-free session, each said session including multiple transmissions with other member stations in the first cell, using interframe spaces of sufficient duration such that a single duration during a session delivers the broadcast/multicast information in a single communication stream eliminating the requirement for contending for the medium for each broadcast/multicast frame transmission.